

Repaglinide information sheet

Repaglinide is an oral diabetes medication taken before meals containing carbohydrate foods. It helps produce insulin, short-term, helping to reduce the blood glucose after a meal.

There are three doses: 0.5mg, 1mg and 2mg.

Your dose is

Focus on taking your Repaglinide before the following meal(s)

Your target pre-meal blood glucose range is

Your lowest acceptable blood glucose is

Please inform your diabetes team if you start dropping below this level.

Repaglinide stimulates your pancreas to produce insulin so can cause your blood glucose to drop too low. This is known as hypoglycaemia or 'hypo' (below 4mmol/l). For more information about hypos we recommend downloading the [Trend Diabetes leaflet](#). For this reason, it is important to monitor your blood glucose, especially if you are a driver.

Twice-daily monitoring is recommended to start with, scattered throughout the day. Example:

Day 1: before and 2 hours after breakfast

Day 2: before and 2 hours after lunch

Day 3: before and 2 hours after evening meal

By monitoring pre and post meals, it also helps you learn how different foods affect your blood glucose. It does not have to be as rigid as this, so find a testing regimen that suits you.

In order to prevent hypos, only take Repaglinide with meals containing carbohydrate (examples: breads, grains, rice, pasta, potatoes, couscous, pastry). For more information about carbohydrates you can download the [PITstop carbohydrate awareness information sheet](#) or look at the [Carbs and Cals website](#) where you will find the popular Carbs & Cals and World foods books, information about their app and short films to watch. [Diabetes UK's website](#) is another great resource.

Your next HbA1c diabetes blood is due

Resources to help counterbalance your weight:

- ask your Practice or Pharmacy to refer you to the free [NHS Digital Weight Programme](#)
- take a look at the [NHS Better Health website](#) which has resources in the following categories: lose weight, quit smoking, get active, drink less
- the [PITstop 5-star lifestyle booklet](#) helps you reflect on how you live your life and are you ready to make healthy changes. It provides resources to help you achieve your goal

Any notes

